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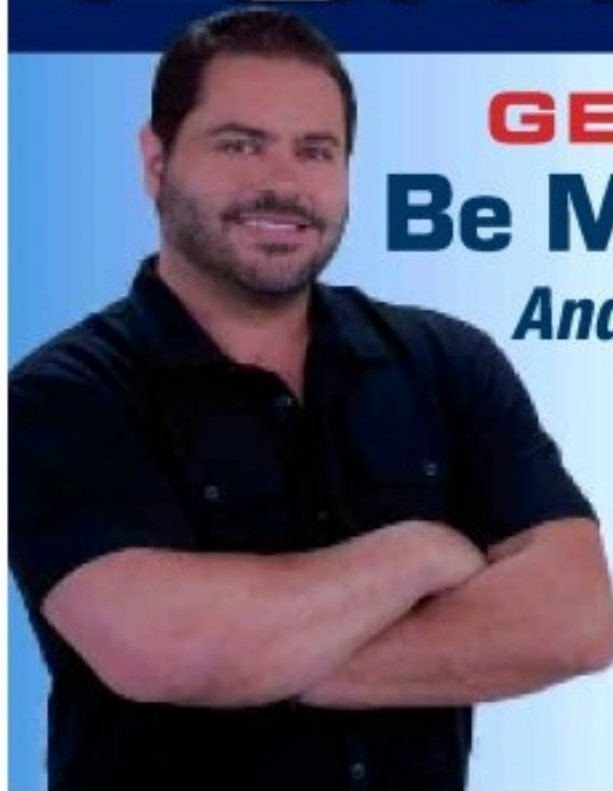
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As Seen On



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Here are just a few of the hundreds of investors whose lives have been changed by investing with Nick Vertucci Companies.



DON & ESTER JENSEN

Closed Sales - 10 closed deals (including partnerships & wholesale)

Profits from Sales & Wholesale \$228,750

"We have also made around 20k just in referral fees for Hard Money referrals"

Pending Sales - 4 Deals

On Market - 3 Deals

Deals Under Rehab - 4 Deals

Projected Profits

\$2,650,000

That's 22 Deals since they went to Bus Tour Sept 2014



JOHN COOKSEY

Attended Bus Tour Sept 2014

4 Properties purchased first 6 mths

1st Flip - profit \$5,000

2nd Flip - profit \$8,000

1 in construction - estimated profit \$80,000

1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow \$34,000/mth

1 Purchased Duplex - \$800/mth

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12pm or 6pm

Four Points by Sheraton Winnipeg South

2935 Pembina Highway

WINNIPEG

FRIDAY, AUGUST 26

12pm or 6pm

Delta Winnipeg

350 St Mary Avenue

WINNIPEG

SATURDAY, AUGUST 27

10am or 2pm

Victorian Inn Winnipeg

1808 Wellington Avenue



“Happy World Breastfeeding Week!”

‘Anytime, anywhere’
 Sophie Grégoire Trudeau promotes breastfeeding
metroNEWS



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Winnipeg metro

TUESDAY, AUGUST 9, 2016

High 22°C/Low 12°C Partly Cloudy

CANADIAN MEDAL COUNTER

0 1 3

Woman kicked off bus for ‘vulgar’ crop top



metroNEWS

CANADA HITS 7S HEAVEN

Tough Canucks power their way past Great Britain to win historic bronze medal



metroRIO

Charity Williams, right, jumps into the arms of Hannah Darling on Monday in Rio de Janeiro, Brazil.
THE CANADIAN PRESS

Vehicle thefts fall

CRIME
Rate down 82 per cent from 8,998 thefts in 2004



Braeden Jones
 Metro | Winnipeg

The number of vehicle thefts happening in Winnipeg each year has fallen more than 80 percent in the past decade. And it's mostly thanks to a program from Manitoba Public Insurance.

"The rate of auto thefts has declined significantly since the implementation of the Immobilizer Incentive Program," said MPI spokesperson Matt Schaubroeck.

In 2004, 8,998 vehicles were stolen in Winnipeg, said Schaubroeck, a number that was 300 per cent higher than the national average. That high-water mark is far above the 1,923 car thefts that happened in Winnipeg in 2015, marking an 82 per cent decrease in vehicle theft in the city.

Partnering with the Winnipeg Police Service and Manitoba Justice, MPI made immobilizers—devices that prevent a car from being started without a digital fob — mandatory upgrades to frequently stolen vehicles in 2006.

The public insurance company foot the bill for installation where mandatory, and offered discounts to premiums for anyone electing to upgrade. The trend also applies provincially, where in the same time the number of vehicle thefts has fallen from 10,659 total to 2,961 total.

"We have installed in excess of 220,000 after-market immobilizers in Manitoba vehicles over the last decade," Schaubroeck said.

Statistics Canada's annual Crime Severity Index shows the WPS has managed to get Winnipeg down to being the 19th most dangerous city in the country after being the third most dangerous in 2008.

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INDIGENOUS ISSUES

Inquest witness changes statement

A long-awaited inquest into the fatal police shooting of an indigenous man in Winnipeg was delayed Monday just as it was about to begin.

The hearing into the August 2008 death of Craig McDougall — denounced as racist by some indigenous leaders at the time — needs to be rescheduled because one witness has changed their statement about what happened, said Crown attorney David Gray, acting as inquest counsel.

Gray would not reveal the witness's identity or go into any other detail, but said after the hearing that a statement given last Friday contained "something that is at odds with what the factual underpinnings are" and is also at odds with what the same witness had said earlier.

The lawyer for the McDougall family, Corey Shefman, said the witness's statement could lead to an investigation into police conduct the day McDougall was shot.

"The witness's evidence was essentially 180 degrees from where it previously was," Shefman said outside court.

"This new evidence poten-

tially brings to light conduct which needs to be investigated."

Inquests in Manitoba, unlike public inquiries, focus solely on the event in question, but the McDougall inquest has been given a broader mandate to look at whether systemic racism played a role in his death.

McDougall, 26, was shot at his home after police responded to a report of an altercation. Police said McDougall had a knife in his hand and had refused repeated orders to drop it. But McDougall's relatives said he was carrying only a phone and was talking with his girlfriend, who heard four shots fired. Police later said they recovered a knife at the scene, but did not provide further details.

McDougall's father expressed hope that the inquest would soon be underway. "When I was taken to the ground and put in handcuffs by police, as Craig lay in front of me in the yard, I asked the officer who had his knee on my back if my son was breathing. I didn't get an answer," Brian McDougall said in a written statement.

THE CANADIAN PRESS

Tea room turns into showcase for artists

EXCHANGE DISTRICT

Owners are not charging commission



Meg Crane
For Metro | Winnipeg

The Amsterdam Tea Room came together quickly, and is evolving just as fast.

Mark Turner said he and his business partner Daniel Card got their tea room ready to open in just a few weeks because they found the perfect location.

"We signed the lease on the 28th of May and opened the shop on the 20th of June," said Turner.

Now, the shop at the corner of Bannatyne Avenue and Albert Street is becoming an art space as well.

"Both of us do love art and have a passion for it," said Turner. "We wanted to kind of have a space for local artists, either up and coming or ones who have been around for a while, but who wouldn't normally kind of have the chance, for whatever reason, to get into a gallery."

Each month, they'll feature one artist's work, said Turner.

Unlike most spaces, they aren't charging commission for pieces that are sold in the shop. Turner said all they ask is



Mark Turner displays Nicholas Iskierski's art in the Amsterdam Tea Room. MEG CRANE/METRO

that artists plan and host an art show and party for First Friday the month their work goes up.

"We love it because we get absolutely amazing art on the walls and get to meet really amazing people," said Turner.

He said they found Winnipeg painter Nicholas Iskierski on Facebook and invited him to be the first featured artist.

This Friday, Iskierski will present his body of work titled Submerge at the tea shop at 7 p.m.

Iskierski did commissioned caricatures of celebrities for years, but his career slowed when he got married and had a kid.

"I kind of got back into it through my own personal

work," said Iskierski.

For these pieces, he lets his four-year-old daughter help during the beginning stages, which he said leads to many pieces having glitter.

It's this work that will hang on the walls of the Amsterdam Tea Room in August, and which he hopes will get him back in the art business.

IN BRIEF

Stranger helps stranded pregnant woman

A Manitoba man says a kind stranger helped his pregnant wife make it to hospital to deliver a healthy baby boy.

Shane Wall says his wife was 12 days overdue when they started heading to Win-

nipeg from a rural area south of the city. Along the way they hit a deer, which caused their car to break down. Wall says after trying to flag down vehicles someone finally stopped and gave them a ride to St. Boniface hospital.

THE CANADIAN PRESS

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Peggo card: The benefits

COMMUTING

Winnipeg Transit hoping for a boost in ridership



Braeden Jones
Metro | Winnipeg

Winnipeg Transit's new electronic fare collection system, Peggo, became available to all users Monday.

Peggo's release means more benefits for the bus-commuter crowd than the immediately obvious — replacing paper passes and tickets — and the city is hoping its benefits are even greater on the transit service overall.

Metro asked Winnipeg Transit information supervisor Jonathan Borland and Transit Service Development manager Bjorn Radstrom about their expectations for how Peggo will change transit in Winnipeg.

What are the benefits for Winnipeg Transit?

Borland said the biggest hope the city has for the new fare collection system is a boost in ridership.

Peggo gives Winnipeg Transit more product offerings and increased variety.

"From our perspective, when we give users a greater number of options, we increase likelihood people are going to take the bus," he said. "With greater flexibility we're really hoping to see an increase in ridership."

Radstrom said in the first five months of 2016, the average number of daily passengers was roughly 178,000.

"But we are anticipating that by the end of the year, we might hand out between 200-230,000 Peggo cards across



Peggo, the new electronic fare system, will make things a little easier for users. BRAEDEN JONES/METRO

all fare categories," he said.

The beta-like rollout for seniors in July saw about 3,100 cards distributed.

Radstrom also said another advantage for Winnipeg Transit post-Peggo is going to be more general data which, for planning purposes, is "sort of a gold mine of information."

"If we go through and do an analysis of travel patterns, we'll be able to propose route changes that better match travel patterns," he said.

Whenever a Peggo card is tapped, the transit department will get information about the user (if they've registered online) and will know about

demographics, frequency and common destinations, all in real-time.

This is a step-up from passenger counters about 25 per cent of buses are equipped with right now, which measure when some passengers get on some buses but doesn't know about full trips or anything else besides the rough number of people boarding each day.

Radstrom said today, he might know a lot of people get on a bus in East Kildonan, "but we don't know where they're going."

"With this new information we can do some analysis," he said, adding it's going to be

easier to give sound advice to council when there are decisions to be made on adjusting the transit service.

What are the benefits for transit users?

One big benefit for transit users grabbing a Peggo card is how they could be buying their last bus pass. Once purchased, the cards can be reloaded with money online or by the phone.

"You never have to run out to pick up a pass, you can load your card from home, you can even set it up to auto-reload," Borland said.

He thinks the range of Peggo fare-types will also appeal to

a wider variety of commuting needs in a more flexible, user-friendly way.

Printed five-day passes used to include a date range, but the clock doesn't start ticking on a five-day pass loaded onto a Peggo card until it's used on the first day — beneficial for anyone working an irregular (not Monday-to-Friday) work week.

There are also benefits that accompany and are meant to incentivize registering Peggo cards. Non-registered cards give Winnipeg Transit less data, so Peggo offers a \$5 rebate (card purchase price), loss protection, and a usage report for

registered users.

"If you lose your card... you would report it lost either online by logging in, or you could phone 311... purchase a new card and any remaining balance can be transferred," Borland said.

The usage reports are generated for each individually registered Peggo card-holder, and will make a round-up of usage data available to that user only.

"Information available on it is you took a trip at X time, on X day," Borland said, adding it will help people collect a relevant tax credit for consistent bus usage without buying monthly passes.

"For a lower-income person who doesn't purchase a monthly pass but still uses the bus every day, they will now potentially qualify for the tax credit they weren't qualifying for before," he said.

What does it mean for Winnipeggers who ride the bus infrequently?

As already mentioned, Transit officials are hoping for increased ridership with Peggo out there.

They expect all regular passengers to switch over, but also want to make converts out of Winnipeggers who don't use the bus often.

To make that happen, they want make the decision to take the bus easier for casual transit users by putting a Peggo card in their wallet.

"For casual riders, if you buy a card and register it you can put \$20... set it to auto-reload so you have it topped up every time it goes below \$7 ... and never worry about digging for change again," Radstrom said. "You get the card and forget about it, you just always have transit money with you.... You just don't have to worry."

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Sailing the world in 300 days

TRAVEL

Ottawa man leaves for solo adventure in 30-foot cutter



Emma Jackson
Metro | Ottawa

What do you do when you're burnt out, tired of your job and ready for something new?

Drop everything and sail solo around the world, of course.

At least, that's what you do if you're Ottawa sailor Chris Fournier, who leaves from Montreal on Tuesday on a 300-day solo trip in his 30-foot cutter, Little Sark.

Having grown up sailing, Fournier had always dreamed of taking the perilous global journey some day.

"You get to a certain point in your life and ... a bolt of lightning hits you on the head and you remember the dream," Fournier said. "I'm free and I wanted to do it be-



Chris Fournier sits on his sailboat, Little Sark, as he prepares to sail non-stop around the world.

JUSTIN TANG/FOR METRO

fore I'm 50. Sometimes you just have to kind of make the decision."

He's not planning to touch land along the way, so he's on his own the entire time.

It's the ultimate survival

test: he'll have to problem-solve on the fly, and when the going gets tough he'll have to decide to ride it out or abandon ship.

"Survival is really down to my hands," he said.

Fournier has outfitted his boat with an extra mast for better balance, and has gathered hundreds of pounds of food and drinking water. His e-reader is fully loaded.

Fournier will follow the

"Sometimes you just have to kind of make the decision."

Chris Fournier

traditional tall ship route, passing by the Cape of Good Hope near South Africa, Cape Leeuwin at the south-west corner of Australia, and Cape Horn near Chile.

Pirates and icebergs are still a risk, but Fournier said this longer route has less of them. He'll also have the wind at his back.

Still, it's a risky business. Three other Canadians have tried and failed to complete the journey. One of them, Gerry Roufs, was lost at sea during his attempt in 1997.

But Fournier's not thinking about that yet.

"You kind of focus on the here and now and worry about the fear later," he said.

Fournier's just excited to leave this hectic, smart-phone-centric world behind.

You can follow his journey at www.sailor.life.

OTTAWA TRANSIT

Woman kicked out over crop top

Ottawa's public transportation system is apologizing after a young woman was kicked off the bus for showing her midriff.

"We're not here to judge people on how they dress," said OC Transpo's general manager John Manconi. "We can all agree that as a city that's not what we're about."

That wasn't Monica Werthner's experience after she was kicked off the bus on Sunday afternoon on her way to work.

She had just put her tickets in the machine when a female driver told her the crop top and jogging pants she was wearing were "vulgar."

The driver made Werthner, 18, get off the bus.

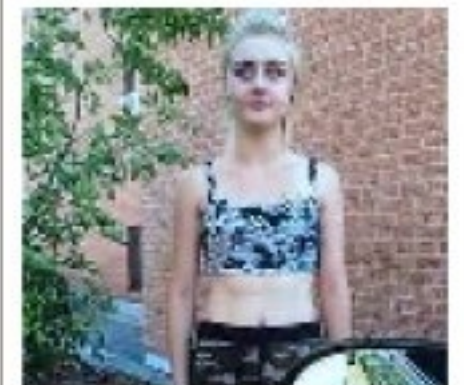
Werthner didn't argue, and left the bus without first getting a transfer — leaving her stranded and late for work.

After the bus pulled away, Werthner said what happened sunk in.

"I was really embarrassed and kind of frustrated," she said. "I didn't understand why I would have gotten kicked off for what I was wearing."

Neither does OC Transpo, which is investigating the incident.

EMMA JACKSON/METRO OTTAWA



Monica Werthner

COURTESY 580 CFRA

SOCIAL MEDIA

Grégoire Trudeau on breastfeeding

Prime Minister Justin Trudeau's Twitter account is drawing attention to World Breastfeeding Week with a photo of his wife and their son.

The tweet includes a photo of Sophie Grégoire Trudeau breastfeeding their youngest son, Hadrien, and the mes-

sage: "This World Breastfeeding Week, let's support mothers to breastfeed anytime, anywhere. — SGT #WBW2016"

Breastfeeding is touted as "a key to sustainable development," in a joint release from UNICEF and the World Health Organization. TORSTAR NEWS SERVICE



Sophie Grégoire Trudeau with son Hadrien. TWITTER

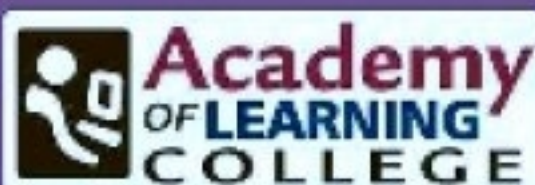
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INVESTIGATION

Quebec zoo employee stable after lion attack

A lion at Quebec's Granby Zoo attacked an employee Monday, fracturing her backbone, the head of the facility said.

The woman, in her early 20s, was in hospital in stable condition but zoo director Paul Gosselin called her injuries "severe."

He said the zoo is still investigating the circumstances of the attack.

The employee had been performing the morning preparation routine at about 9 a.m.

in the lion den, home to the zoo's three lions, when one of them attacked her, Gosselin told reporters.

A second employee sprayed the lion with water from a hose and managed to distance the animal from the injured woman.

"What we know is that she suffered a cervical fracture and a few lacerations," Gosselin said. "She is stable and was conscious throughout the whole intervention." THE CANADIAN PRESS

FAST DENTURES

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Young women from Pennsylvania's Amish community ride a horse and carriage on July 23, through Lancaster County. ALEX PANETTA/THE CANADIAN PRESS

Amish pulling for a Trump victory

U.S. ELECTION

Community has so far been spared video of campaign

On the outskirts of a town called Intercourse, an entire community of people has survived this election season with the chastity of its eardrums never once penetrated by the sound of Donald Trump's voice.

Many Amish have never heard him speak. They've read newspaper articles about him, learned about him through word-of-mouth, but have never had the full sensory experience because their traditionalist faith forbids television, radio and the web.

So the reactions are spontaneous and physical when a reporter visits this farming

“No one wants a woman president... What does Bill think about his wife running for president? Amish man

community and attempts to impersonate the outer-borough twang of a candidate who brags about his billions, his beautiful wife and the gold-garnished skyscrapers adorned with his name. Eyes pop in surprise. Bellies burst in laughter. Heads shake in disgust.

“That's a little too much bragging,” says a young woman at a bookstore counter. “Usually when people think too much of themselves, that's when it all goes downhill.”

Residents won't let their names be printed. Modesty is so central to the Amish way of life that people in this Pennsylvania community won't be photographed, won't linger before mirrors and avoid media.

But here's a shocker — most are pulling for Trump.

The Amish are conservative — so they support Republicans against a party they associate with abortion, homosexual rights. Another factor frequently comes up in conversation: Hillary Clinton is a woman.

“No Amish is going to vote for Hillary,” says the man in the library. “No one wants a woman president. ... What does Bill think about his wife running for president?”

The estimated 70,000 Amish in Pennsylvania could be a powerful voting bloc. But there's just one problem — the Amish don't vote. An estimated five per cent cast ballots in the last election. THE ASSOCIATED PRESS

SAN FRANCISCO

Pokémon Go player fatally shot at a tourist attraction

A 20-year-old man was shot dead while playing Pokémon Go at a tourist attraction along San Francisco's waterfront, authorities said.

Calvin Riley was shot Saturday night by an unknown assailant at Aquatic Park near Ghirardelli Square, the U.S. Park Police said Sunday.

Sgt. Robert Jansing said the gunman did not take any of Riley's belongings or try to rob him.

THE ASSOCIATED PRESS

TEXAS

Family of teen who made clock files suit

The family of a Muslim boy who was arrested after bringing a homemade clock to school filed a federal lawsuit Monday against Texas school officials and others, saying the incident violated the 14-year-old boy's civil rights, prompted death threats and forced them to leave the U.S.

The lawsuit was filed on behalf of Ahmed Mohamed, who was arrested at his suburban Dallas



Ahmed Mohamed THE ASSOCIATED PRESS

high school in September and charged with having a hoax bomb. He says he brought the homemade clock to show his teacher.

The lawsuit names Irving Independent School District, the city of Irving and the school's principal, and asks a jury to determine the damages.

In November, the family asked the district and city to pay \$15 million or face a suit. THE ASSOCIATED PRESS

Rumor's

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TRANSIT TUESDAY

Weekly Transit News Update



SAY HELLO TO PEGGO... GET YOUR CARD NOW!

Say hello to peggo, the new electronic fare collection system from Winnipeg Transit. Using a peggo card is easy! Simply tap and hold the card directly on the peggo card reader on the farebox, wait for the beep and go. With peggo, you can purchase fares and check your card balance online for added convenience!

What is a peggo card?

Your plastic peggo card has an embedded electronic chip in which you store transit value including:

- e-pass - replaces paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- e-cash - replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox.
- Transfer - when paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Cash fares will be accepted on all buses, but please remember, no bills or pennies.

Where to buy your peggo card.

Purchase your peggo card online at winnipegtransit.com, by calling 311, or at any 7-11 or Shoppers Drug Mart. Get your card today! For a complete list of retailers visit winnipegtransit.com or contact 311.

How much does a peggo card cost?

You can buy your peggo card for \$5.00. You must also purchase a minimum e-cash fare of \$5.00 in order to validate your card.

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Officials at Whistler Blackcomb say that Vail Resorts' takeover will help the British Columbia ski destination grow its status as one of the world's leading, year-round ski havens. THE CANADIAN PRESS

Vail offers \$1.4B for Whistler Blackcomb

TAKEOVER

Deal will give ski resort access to cash to grow status

The friendly takeover of Whistler Blackcomb Holdings by an American mountain resort operator is all about long-term stability, says the head of the popular British Columbia ski destination.

Whistler Blackcomb's David Brownlie said Monday the deal with Colorado-based Vail Resorts, totalling nearly \$1.4 billion, will give the ski resort access to both the money and the markets it needs to grow its status as one of the world's leading, year-round ski havens.

"We think that working with Vail will accelerate our business plan and we're excit-

ed to move forward with it," Brownlie said in an interview.

Whistler Blackcomb pulled the curtains back earlier this year on an ambitious, \$345-million expansion project, dubbed the Renaissance plan, to build more weather-independent facilities, improve on-mountain infrastructure and expand real estate offerings.

Vail Resorts CEO Rob Katz said he is committed to expanding the all-season resort, which is located about 125 kilometres north of Vancouver.

The purchase had nothing to do with the low value of the Canadian dollar, he added.

"Everything in the ski industry is about the long term and we know that very well," Katz said. "We think about things in the next 10 or 20 years, and currencies go up and down."

Vail's financial support and broad network of customers

will go a long way to boosting business at Whistler Blackcomb, he said.

"We have felt for a long time that Whistler Blackcomb is really the best positioned North American resort to benefit from the growth that we expect in outbound Chinese ski visitation, especially as China starts to ramp up towards the 2022 Beijing Winter Olympics," said Katz. "For our company to have a strong entree into that opportunity is meaningful."

Brownlie added that he hopes the transaction will help Whistler Blackcomb make inroads into the eastern seaboard of the U.S., as well as Latin America, especially Mexico.

The federal government recently lifted visa requirements for Mexicans visiting Canada.

Vail Resorts operates nine mountain resorts and two ski areas in the U.S. and Australia, meaning the Whistler Blackcomb sale would be its first foray into Canada.

Whistler Blackcomb is the largest and most visited ski resort in North America.

When it opened in 1966, the Whistler resort featured a four-person gondola, a double chairlift and a day lodge. It has since grown to become one of the premier ski destinations in North America, serving as a host site for the Olympic Winter Games in 2010.

THE CANADIAN PRESS



Everything in the ski industry is about the long term.

Vail Resorts CEO Rob Katz

NATIONAL ENERGY BOARD

Pipeline is safe: TransCanada

TransCanada Corp. stressed its commitment to the safety of oil shipments as three days of hearings into the proposed \$15.7 billion Energy East pipeline project opened in New Brunswick on Monday.

John Van der Put, vice-president of eastern oil pipeline projects for TransCanada

Corp., told a three-member National Energy Board panel that the project is "the safest and most environmentally responsible way" to transport crude oil from Western to Eastern Canada.

He said more than 700 pipeline route changes have already been made as a result

of a public consultation process with communities in the three years since the project was announced.

"We are committed to delivering this oil safely, responsibly, and reliably, and our goal is to have zero incidents," he said.

THE CANADIAN PRESS

market minute

	DOLLAR
75.97¢ (+0.01¢)	
	TSX
14,755.62 (+106.85)	
	OIL
\$43.02 US (+\$1.22)	
	GOLD
\$1,341.30 US (-\$3.10)	

NATURAL GAS: \$2.75 US (-2.0¢)
DOW JONES: 18,529.29 (-14.24)



ROSEMARY WESTWOOD ON SEXISM IN SPORTS

The games underline to all aspiring female athletes just how sexualized they can expect to be. And since we're all so OK with that, I suppose they should learn it early.

Every two years, men around the world get a good look at the buttock creases of elite, highly-trained and supremely fit women who could clock them before they finish the sentence "Nice ass."

Call it the Ogling Games. In only the last few days:

■ The Toronto Sun celebrated a silver medal by proclaiming diver Penny Oleksiak "pretty" in a splashy front page (I get it. It's both lazy and sexist).

■ 24 Hours ran a "Sex with a side of gold" headline, featuring a nice wide shot of female swimmers' backsides and a sidebar noting volleyball and tennis are among the sexiest sports "not just for their sexy bodies and great personalities but also for the cute outfits they don," according to "relationship therapist" Kimberly Moffit.

■ The Globe and Mail put a full-page photo of Canadian divers Jennifer Abel and Pamela Ware on its sports cover, showing their great form and butt-revealing swimsuits.

■ The Chicago Tribune headlined a trap-shooting athlete's win this way: "Wife of a Bears'

lineman wins a bronze medal today in Rio Olympics."

■ NBC commentator Dan Hick had to apologize after he called the husband and coach of Hungarian gold-medal swimmer and new world-record-holder Katinka Hosszu "the man responsible" for the swimmer she's become.

None of this media treatment is new to women's sports. It's just at Olympic proportions. Each games are a turbocharged two weeks of wall-to-wall coverage of women athletes, and the sexism that goes hand-in-hand with public attention.

There's no reason, other than male viewers, women's swimsuits need to be cut higher than the CN Tower, revealing half a bum cheek. There's no reason female beach volleyballers need to wear bra tops. The ploy is so obvious, some U.S. male gymnasts want to compete with their shirts off for attention.

All of which is gross.

So are the comments about female athletes' physical appearances (from 2012, Boris Johnson's gush over the

"semi-naked women playing beach volleyball... glistening like wet otters."). So is painting women's success as a footnote to their husbands'.

Alas, each Olympics brings more of the same, suggesting critiques like this are as useless as stories about Olympics in turmoil (they always are.

The show always goes on).

If anything, the games underline to all aspiring female athletes just how sexualized they can expect to be. And since we're all so OK with that, I suppose they should learn it early. Bonne chance, women of the Olympics, and nice asses.



The Olympics are a branding exercise

INSIDE THE PERIMETER

Shannon VanRaes



To say I'm not an Olympics fan is an understatement.

Superficially, they rob me of two of my three television channels for two long weeks.

On a more meaningful level, the summer Olympics in Rio de Janeiro lay bare the deep, unrecoverable costs the games have on host nations. Billed as a panacea for the poverty, crime and infrastructure shortfall faced by Brazil, these games have already failed to deliver.

While Brazil launched its Olympic bid by promising to invest in sustainability — and even included some ironic environmental finger-wagging during the opening ceremonies — Rio's waters are so polluted swimmers have been told to close their mouths.

And contrary to demands for social improvements, whole communities were razed to make way for the games, while a nature preserve was levelled for the Olympic golf course and even a military-style police presence has failed to stop crime. Not to mention the games will cost the cash-strapped country more than \$20 billion U.S.

All that is to say nothing of the International Olympic Committee's disheartening decision to allow Russian athletes to compete, despite

irrefutable proof of state-sponsored doping. Of course it's hard to focus on drug-testing when you are busy trying to trademark hashtags.

The Olympics are less of a competition and more of a branding exercise.

The 1976 Olympics cost Montreal more than a dozen times what was estimated and left the city with a \$1.6 billion debt it only paid off in 2006. Economists have even cited the 2004 Athens Games as being a key trigger of Greece's ongoing economic crisis.

But don't mistake me for someone who is anti-sport. am opposed to cloaking sports in a thin veil of global solidarity, playing on sentimental notions of triumph, nationalism and co-operation to advance marketing goals. Sports have international championships without the hyper-commercialization of the Olympics. In 1948 London hosted the so-called "austerity" games where no new venues were built and athletes stayed in existing accommodation. The opening ceremonies boiled down to a marching band, a 21-gun salute and a few thousand pigeons being released. I say bring on the pigeons, and a competition that is actually about sport.

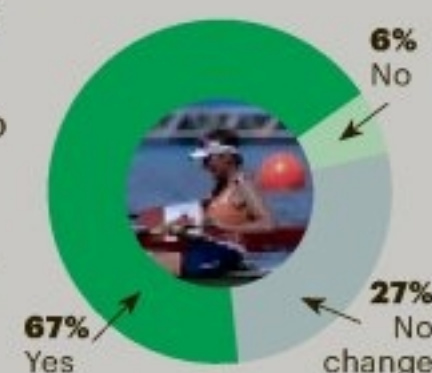
Shannon VanRaes is a Winnipeg-based journalist and photojournalist. She can be reached on Twitter @ShannonVanRaes

METRO POLL

Do you have Olympic-size worries about Brazil?

Brazil is a mess. The congress is trying to oust the president. There's a potentially dangerous level of human sewage in the water where aquatic events are taking place. The Olympic Village is shoddy. And that's not to mention the Zika virus. We asked our readers if these issues have tarnished the Olympics' golden glow.

Have all the issues in Rio reduced your interest in the Olympics?



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Second Jen looks to make TV history

INTERVIEW

Asian stars hope their show will spark more diversity

Jen (Samantha Wan) is nervously sitting in a doctor's office waiting for a gynecological exam. In the next seat engrossed in a medical pamphlet on sexual health is her best friend Mo (Amanda Joy).

"Do you remember my first pelvic exam when my mom got me to see a gynecologist Dr. Chin?" asks Jen with alarm.

Actors Wan and Joy are in the back of a former daycare centre in the west end Toronto neighbourhood of Babypoint. The studio has been mocked up to resemble a doctor's office. They're putting together City TV's *Second Jen*, a sitcom that is revolutionary for starring not one, but two female Asian leads.

Since ABC's *Fresh Off The Boat* and Dr. Ken there has been a gold rush of Asian American sitcoms including CBC's

Kim's Convenience scheduled for the fall season, and YouTube Red's *Single by 30*.

But *Second Jen* stands out because it is confidently doubling down on the Asian leads, as if we had already arrived in a post-racial world. The fact that it is Toronto-based makes sense, since this city is touted as the most diverse in the world.

Back to the scene in the doctor's office: At the age of 21, Joy says, her mom followed her to the doctor.

"His first question was, 'Are you sexually active?' And she wouldn't leave the room!"

Second Jen is based on the experiences of Joy (who has Filipino ancestry) and Wan (who has Chinese ancestry) and their attempt to make it on their own outside their protective families. The gynecological exam scene was inspired by the fact that Asian parents rarely, if ever, talk about sex to their children. "Mainstream culture is all about go out there, have fun safe sex, and in Asian culture you just never talk about it at all," says Joy.

The title of the show also refers to the second generation, and the cultural and technological divide between millennials and their parents.

"This isn't a show just about being Asian, it's about the generational shift that's happening out there," Wan says.

A study at the USC Annenberg school of journalism found that

of the 100 top films in 2014, 12.5 per cent of the casting was black, 5.3 per cent was Asian, and 4.9 per cent were Latino.

But remarkably, while Hollywood still battles over Oscars *So White*, television continues to push the boundaries, becoming much more reflective of the society we live in.

In some ways, it's surprising that Canadian networks have not taken the lead on diverse casting as some U.S. producers have done, introducing quality shows such as *Blackish* and *Master of None*.

Wan and Joy, tired of competing for the same roles in Toronto, decided they needed to create their own jobs.

What has changed for both actresses and they think also for mainstream audiences is the way that they look at the world through the lens of television. And they hope that they're not the only ones seeing it through that prism.

"One of my favourite shows growing up was *Friends*, and I still love that show," Wan says.

"But I look at it now and there's so little diversity. It's just so weird watching that now. And I hope moving forward that maybe we can change this a little, that we won't be the only ones that think that way."

TORSTAR NEWS SERVICE

TV TRAILBLAZERS

All American Girl (1994)

Comic Margaret Cho's sitcom was groundbreaking for having an Asian lead. Cho played the rebellious daughter of a strict Korean-American family. The show only made it one season and Cho blamed network executives for trying to make her material more palatable to mainstream audiences.



Fresh Off The Boat (2015)

A show about an Asian family living in Orlando, Fla., based on the life of Vice host and chef Eddie Huang. Huang criticized the show before it aired saying, the series did not accurately reflect his life.



Master of None (2015)

Aziz Ansari and Alan Yang's masterful send up forms a modern, diverse ensemble comedy. Ansari plays an actor who is best known for a Go-Gurt commercial. Which, in itself, is funny.



TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

A casual appeal to Spanish speakers

THE SHOW: Sing movie commercial (NBC)

THE MOMENT: The Spanish text

During a break from NBC's Olympics coverage on Saturday afternoon, a commercial appears for the upcoming animated movie *Sing*, which looks like *Zootopia* crossed with *American Idol*: As a koala named Buster (voiced by Matthew McConaughey) walks into his office, a stack of flyers for the singing competition he's hosting blow out the window.

Other animals pick them up, and we see a montage of their auditions. The dialogue and the songs are in English. But interestingly, any text that appears, such as "From the Creators of *Despicable Me*," is written in Spanish. The movie opens on Dec. 21; as the ad ends, the word "Navidad" fills the screen.

This is not the first time a major U.S. English-language network aired a commercial in or featuring Spanish. CBS ran a Spanish-language ad for Pepsi during the

Grammy awards way back in February 1989. Target premiered a four-spot Spanish-language campaign during the Latin Music Awards this past May. But this is the first time I've seen a half-Spanish commercial dropped casually, without fanfare, into a major network's Saturday afternoon broadcast of women's volleyball and men's gymnastics. NBC — which owns Universal, the studio behind *Sing*, and also owns the Spanish-language network *Telemundo* — has obviously decided

to appeal more directly than ever to its increasing numbers of Spanish-speaking viewers. And why not? According to the Wall Street Journal, Spanish-speaking viewers watch more TV as it airs than English speakers. Which means they're presented with more commercials. Expect to see more such Spanglish ads soon.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



A commercial for the animated movie *Sing* was voiced in English but featured advertising text in Spanish — a casual effort by NBC to appeal to its diverse viewership. CONTRIBUTED

Fighting? Stop and think about the future

ADVICE

Ask yourself: Will this matter a year from now?

If you're at odds with your wife about family chores, or are having a spat with your boyfriend over who feeds the cat, stop and ask yourself, "Will this fight matter a year from now?" — and you might still be together then.

A new Canadian study, published in the journal *Social Psychological and Personality Science*, suggests the ticket to overcoming relationship conflicts is adopting a future-oriented perspective, instead of focusing on the present.

That means in the heat of the moment when tempers are flaring, people should take a step back and ask themselves how a conflict will affect them down the line, says lead author Alex Huynh, a doctoral candidate in the University of Waterloo's department of psychology.

"It allows them to be more forgiving of their partners and close friends, and in the end, that changes how they think about their relationship and their re-

lationship well-being," he says. "They think the relationship will get better, and (think) of the conflict as a learning experience."

The researchers conducted two studies — one on undergraduate students in Chicago, and another on a broader age range of Americans found through a crowdsourcing website. All participants were asked to reflect on a recent conflict with a romantic partner or a close friend, with one group tasked with describing how they felt about it in the moment, and a second group describing how they'd feel about the conflict in a year.

In both studies, those thinking about the future reported more positivity about their relationships. They also showed more forgiveness and saw the fight in a more reasoned, positive light.

"People get caught up in their feelings, and use it as fuel and end up hurting their relationships," says Huynh. "But as humans... we can take a step back and think about our conflicts differently. By this simple way of doing that, your relationship is going to be better."

The findings come as no surprise to psychologists and relationship counsellors, who've seen



A new study suggests the ticket to overcoming relationship conflicts is adopting a future-oriented perspective instead of focusing on the present. ISTOCK

it all when it comes to sparring couples.

"Even basic stresses in life, when we take a moment to say, 'Will this matter a year from now?' I find it makes my clients calm down," says Nicole McCance, a Toronto-based psychologist and relationship expert who has

been working with couples for around a decade.

"It makes absolute sense," says registered professional counsellor Edel Walsh, founder of Love Done Well, a Vancouver-based love, life and relationship-counselling service.

We're all hard-wired with a

primitive "fight or flight" response, she says, and it's nonsensical to try and solve a conflict in that state of mind. "What generally leads to an escalation in an argument with couples is that they both want to be heard at the same time — but you can't."

When we're arguing with



The best thing to do is walk away and take a break

Psychologist
Nicole McCance

someone, there are actually physiological changes in our body, says McCance. "Our blood pressure increases and goes away from our brain, into our legs and arms," she says.

In other words, your brain isn't exactly firing on all cylinders when you're mad.

"The best thing to do is walk away and take a break," McCance adds. "It takes 20 minutes for your blood to go back to your brain."

And after hitting the pause button, you might as well take some time to think about the future, too. TORSTAR NEWS SERVICE



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Mormon mommies have the best blogs

TRENDS

DIY crafts and wholesome values hit a popular note

For the past decade, members of The Church of Jesus Christ of Latter-day Saints have taken the blogosphere by storm, documenting their daily lives and amassing huge followings of Mormons and non-Mormons in the process. Atheist followers say the attraction is the escapism of picture-perfect lives filled with wholesome values and DIY crafts, while scholars say various tenets of Mormonism — sharing the faith, the value of creativity and the importance of family — make the religion a perfect fit for the blogging medium.

Utah mom Meredith Ethington, 38, saw blogging as a way to exercise her writing skills while maintaining her commitment to motherhood.

"I think a lot of (Mormon) women seek out blogging because we have talents and passions of our own and it's a way to express those, but still be able to stay true to those core values and stay home with our kids," said Ethington, who said the LDS church encourages women to stay home and raise children if they're able to.

Ethington's blog, *Perfection Pending*, focuses more on parenting than it does on Mormonism — she estimates only one in 10 of her readers are Mormon — but she understands certain mysteries shrouding her religion could be drawing in readers.

"We don't drink, we don't smoke, we don't swear. Those sort of things make us stand out naturally," said Ethington.

Like other Mormon bloggers, Ethington doesn't bombard her readers with her faith, but tucks her religious disclosure into the "About Me" section. Others have "We Believe" sidebars with links to the LDS church.

Some are even more discrete.

It took Torontonian Eva Voinigescu months to realize one of her favourite bloggers, Sydney Poulton of *The Daybook*, was Mormon.

"I'd always been curious because she looked very young and yet she was married and had a child," said the writer.

Voinigescu, 27, admits she initially judged Poulton after finding out she was Mormon. She herself is agnostic, skeptical of organized religion, career-focused and a feminist. She isn't married and doesn't know if she wants kids. She started questioning aspects of Poulton's life, including why she seemed



Stephanie Nielson, second left, author of the *Nie Nie Dialogues*, and her family. CONTRIBUTED

to make so many sacrifices for her husband's career.

But the blog's appeal endured.

"It's weird to see a parallel lifestyle that's so different from my own but has so many desirable aspects to it," said Voinigescu, who comes from a small family, spread out across the globe. "A lot of the values that come out in the blog are family, creativity, closeness. It definitely appeals to me, those values."

Sentiments like these are music to Mormon ears.

"Mormonism is a missionary religion. Members of the church are encouraged to share their faith with others," said Patrick Mason, a historian and the Howard W. Hunter chair of Mormon Studies at Claremont Graduate University in Southern California. "Blogs have become a really popular way for them to do that, often times in a really low key way."

Bloggers may choose to emphasize Mormon values of family, child rearing, the domestic sphere and the sacred calling of motherhood, as opposed to an overt focus on faith because they don't want to be seen as "preachy," he said.

As for why the blogs are so plentiful, Mason points to the Latter-day Saints' storied history.

The church was founded in 1830, and throughout the remainder of the 1800s, the federal government persecuted members because of their illegal practice of polygamy and for other reasons including their political power, said Mason. By the turn of the 20th century, the church dropped objectionable aspects of their

“Mormon belief is just to look for the positive in things”

Blogger Jenny Evans



religion, including polygamy, and sought to become more mainstream — a sentiment still held by Mormons today, he said.

"Mormons want nothing more than to be liked and respected and mainstream," said Mason, giving the example of Mitt Romney, a Mormon and the 2012 Republican presidential nominee. "They want to be just like everyone else but they want to be better at it."

American Mormons — typically members of the middle class or upwardly-mobile middle class — value personal growth and humility and reject ostentatiousness, he said. These values have a wide appeal.

Mormons also have a strong tradition of journaling — believing that documenting their life is of great importance — and blogs could be seen as the 21st century outgrowth of this tradition, he said. The church also encourages members to spread their message using social media and the Mormon blogging community even has a name: *Bloggernacle*, a play on the word *tabernacle*, the Mormon temple.

Mason thinks Mormon mommy bloggers have struck a sweet spot: they're encouraged to stay at home and raise children, but now, they can do so while also sharing their values, exercising creativity and even bringing in income.

For Jenny Evans, a Massachu-

setts-based Mormon and stay-at-home mom, making money off her blog is a "happy side benefit."

She's proud of the family values she shares on her blog, *The Unremarkable Files*.

"I love my family and I love my kids and I love to share the humorous and silly side of that, while still being really positive about being a mom and being a wife," said Evans, 34, a mom to six children.

"Mormon belief is just to look for the positive in things."

Evans estimates one third of her blog's content focuses on Mormonism.

She likes that her meditations on faith open up a dialogue amongst readers, even if they don't always agree with her. One memorable comment she received: "Well I disagree with a lot of these points 100 per cent, but I appreciate you putting them forth with such clarity and helping me learn something new."

"I just really thought that was neat because that's kind of what it's all about," she said. "I don't feel like everyone has to agree with me or that I'm necessarily trying to teach everybody something."

But non-Mormon readers seem less interested in faith than they are in the glossy images of happy, perfect families — however illusory they may be.

"I know you can't take it too

+ MORMON BLOGGER ROUNDUP

Love Taza

Link: lovetaza.com

Who: Naomi Davis (nickname Taza), 30, husband Josh, and children Eleanor, 5, Samson, 4, and Conrad, 1

What: Davis, a former Juilliard dancer, and her growing family live in Manhattan. Her blog is filled with bright clothing, ice cream, trips to the park and family globe-trotting.

In her words: "I love celebrating motherhood, family, travel, good food, and life's simple joys."

Popularity: 400,000 Instagram followers

The Daybook

Link: thedaybookblog.com

Who: Sydney Poulton, 27, husband Tyson, and children Everett, 4, and Isla, nearly 2.

What: Poulton met her husband on their first day at school at Brigham Young University, a private university in Utah, owned by The Church of Jesus Christ of Latter-day Saints. She has a degree in graphic design

and blogs about her family, clothes, workouts and travels. Posts are usually accompanied by carefully curated family photos.

In her words: "I am compassionate, and cheerful, and sarcastic, and transparent, and my heart fills up and breaks almost every day watching my children interact with each other."

Popularity: 51,000 Instagram followers

Say Yes

Link: sayyes.com

Who: Liz Stanley, 36, husband Jared, and children Henry, 8, Edie, 2, and Dot, 6 weeks.

What: Stanley lives in San Francisco. Her blog is family- and design-focused, with a mix of posts about affordable fashion and healthy recipes.

In her words: "This lifestyle site is a collection of pretty, creative, and budget-friendly ideas to Say Yes to a more crafty, stylish, and family-focused life."

Popularity: 34,000 Instagram followers

literally. Of course her kids will drive her crazy," said Christine Realubit, a Toronto travel blogger in her early 30s and avid reader of the Love Taza blog.

"But... there are too many bad things in the world. A little positivity or a ray of sunshine in a blog is a nice break."

TORSTAR NEWS SERVICE



metroRIO

Ibtihaj Muhammad made U.S. history by becoming the only American ever to compete in the Olympics wearing a hijab



Canada topped Great Britain 33-10 to win rugby sevens bronze on Monday at Deodoro Stadium in Rio. DAVID ROGERS/GETTY IMAGES

Bronze rebuttal

RIO 2016

Canada gets revenge on GBR in third-place sevens match

Ghislaine Landry led Canada to a historic bronze medal Monday.

Landry had two tries and

four conversions to lead the Canadian women's rugby sevens squad to a decisive 33-10 win over Britain as women's rugby made its Olympic debut.

Karen Paquin, Bianca Farella and Kelly Russell had the other tries for Canada, which took a commanding 26-5 halftime advantage. The Canadians also earned a successful finish to the tournament after dropping a 17-5 semifinal decision to Australia early Monday.

The win also provided Can-

ada with redemption after losing 22-0 to Britain in pool play. New Zealand defeated Britain 25-7 in the other semifinal Monday.

Canada was looking for a second upset win over Australia, which is regarded as the class of the tournament and with good reason. The defending World Series champion won the first three of this year's events before losing 29-19 to the Canadians in the fifth and final stop of the tour.

But the Aussies took care of business this time around, storming out to a 12-0 halftime lead. And they led 17-0 before Charity Williams scored Canada's lone try to round out the scoring.

The third-seeded Canadians advanced to the semifinal with a 15-5 victory over France after posting a 2-1 pool record.

Canada secured its third medal overall (two bronze, one silver).

THE CANADIAN PRESS



Kylie Masse won Canada's third swimming medal of the Games on Monday night. MARTIN BUREAU/AFP/GETTY IMAGES

WOMEN'S BACKSTROKE

Masse adds another medal in the pool

Canadian swimmer Kylie Masse has won the bronze medal in the women's 100-metre backstroke at the Rio Olympics, giving Canada three medals in three days in the pool.

Masse, from LaSalle, Ont., finished in a tie for third with a Canadian record of 58.76 seconds.

Hungary's Katinka Hosszu won gold in 58.45 seconds, Kathleen Baker of the U.S. took silver in 58.75 and Chinese swimmer Fu Yunhui tied with Masse to win a second bronze.

We get energy from each other.

Kylie Masse on the Canadian swim team's success so far.

Canada opened the Games with a bronze in the women's 4x100-metre freestyle relay, while Toronto's Penny Oleksiak won silver in the women's 100 butterfly on Day 2. THE CANADIAN PRESS



1 Hosts have a gold — Rafaela Silva captured Brazil's first gold medal of the Games by winning judo's 57-kilogram division.

2 Bouchard falls — Eugenie Bouchard of Westmount, Que., was eliminated from the women's singles tennis event with a 6-4, 6-2 second-round loss to German Angelique Kerber.

3 Hope on the water — Victoria's Lindsay Jennerich and Patricia Obee — Canada's best hope for a rowing medal — won their heat in the women's lightweight double sculls to advance to the semifinal round Wednesday. But the women's eight crew finished last in its three-boat heat.

THE CANADIAN PRESS



RIO notes from the Games

DeLaet has date with history

The first Olympic golf shot in 112 years will be hit by the lone Brazilian in the men's field.

The International Golf Federation tapped into what few Olympic roots it has by selecting Adilson da Silva to be the first to tee off Thursday. Also in the opening threesome: Graham DeLaet of Canada, a country IGF president Peter Dawson called the defending champ — George Lyon of Canada won the gold medal at the St. Louis Games in 1904.



Graham DeLaet
GETTY IMAGES

the Olympics competition schedule that featured medal action in gymnastics, swimming, fencing, women's rugby, judo and more.

Brazil soccer on cusp of another home meltdown

It has come to this for the Brazilian men's soccer team: The fans are so disappointed with the team that they heckled icon Neymar and chanted the name of the women team's star during a lacklustre, scoreless tie against Iraq over the weekend. Brazil is now facing elimination — a prospect that once seemed unthinkable in the soccer-obsessed host country — after 0-0 draws against South Africa and Iraq. THE ASSOCIATED PRESS



Neymar
GETTY IMAGES

Recent wins open door to new set of questions



BOMBERS THIS WEEK

Ed Tait

Raise your hand if you would have been cool with the Winnipeg Blue Bombers sporting a 3-4 record through the first seven weeks of the season way back when the Canadian Football League's 2016 schedule was released months ago.

I see a few hands, courtesy the notable collection of sun-is-always-shining diehards.

Good for you, especially knowing the first seven contests featured two games each against the Grey Cup champion Edmonton Eskimos, the perennial West Division power Calgary Stampeders and the Hamilton Tiger-Cats, an East Division heavy-weight.

Now, hands up if you thought the Bombers would be 3-4 today with Drew Willy having been benched after five games in favour of Matt Nichols, with cornerback Johnny Adams — who tied for the league lead in interceptions last year — yet to take a single snap, with the offensive line playing three imports, with rookie

Taylor Loffler starting at safety and the secondary also featuring C.J. Roberts, Kevin Fogg and Terrence Frederick and the receiving corps decimated by injuries and without Weston Dressler, Darvin Adams and Ryan Smith.

Hello? Anyone?

Yes, one of the completely fascinating storylines to the first chunk of the Bombers' 2016 season is how the narrative surrounding this bunch has so dramatically changed over two months.

It began with so much hope after a big-time cannonball into the CFL free-agency pool, and then plummeted after a 1-4 start

that had an angry mob calling for Mike O'Shea's head on a pointy stick.

Amazing, isn't it, what a couple of wins do to change the talking points?

Not only have the

Bombers slayed some dragons over the last couple of weeks by winning in Edmonton for the first time in 10 years, winning at home for the first time since last year's Banjo Bowl and winning consecutive games for the first time since the summer of 2014, in doing so



Justin Cole celebrates his sack against the Tiger-Cats last Wednesday at Investors Group Field. Many are wondering if the suddenly hot Blue Bombers are legit. JOHN WOODS/THE CANADIAN PRESS

they've pushed, pulled and dragged themselves back into the West playoff discussion.

What lies ahead are some very winnable matchups with visits to Toronto, Montreal and Saskatchewan with a bye week sandwiched in between to possibly spit out some healthy bodies from the sick bay.

Now, the fact the Bombers are up off the mat and

swinging — especially given all that roster change — has left many CFL observers scratching their heads as to what is unfolding here in River City.

Are the Bombers truly building something here or this is another mirage, similar to the 5-1 start in 2014?

They are legitimate questions, to be sure.

But if the first seven weeks of the season have

taught us anything, it's this: jumping to any rash conclusions while the cement is still wet is a fool's game.

Just as important: there's nothing more embarrassing, as the old saying goes, than a premature evaluation.

Ed Tait is the Blue Bombers director of content. His columns appear weekly in Metro. Follow him on Twitter (@EdTaitWFC) and at bluebombers.com.

BLUE JAYS

Pillar on DL with a bum thumb

The Toronto Blue Jays will be without their best defensive player for at least the next two weeks after Kevin Pillar was placed on the 15-day disabled list Monday.

The star outfielder sprained his left thumb on a slide into a second base on Saturday in Kansas City and sat out Sunday's finale against the Royals.

"It's just an unfortunate thing that happened just playing the game the way I've always played," said Pillar, sporting a protective blue covering over the injured thumb. "It was a bad slide and (the team) made the decision they felt was best for our team going forward."

Jays manager John Gibbons described the injury as a torn ligament, one that needed to "calm down" before Pillar could return to play later this month.

A model of health despite his hard-charging style in the outfield, Pillar has played in 109 of 112 games this year after suiting up for 159 of 162 last season.

Acquired from San Diego in a trade last month, Melvin Upton Jr. will take over the centre-field duties in Pillar's absence.

THE CANADIAN PRESS



Kevin Pillar
GETTY IMAGES

ROUT
Winnipeg put up a season high in points (37) while giving up a season low (11) in its win over Hamilton last week.

SOCCER

Man United ponies up to get Pogba back

Manchester United has made Paul Pogba the world's most expensive soccer player, signing the France midfielder for around 105 million euros four years after releasing him for virtually nothing.

United says Pogba signed a five-year deal with an option for another year.

Pogba was a promising 19-year-old when he left United after his contract expired, having only made seven appearances as a substitute. He joined



Paul Pogba GETTY IMAGES

Juventus and won four successive Serie A titles with Juventus. THE ASSOCIATED PRESS

IN BRIEF

Top dirt-track racer dies following weekend crash

Bryan Clauson, a popular driver considered by many to be the top dirt-track racer in the country, died Sunday night from injuries suffered in a crash during a race in Kansas. His death was announced Monday.

Clauson, 27, was leading Saturday night's race at the Belleville Midget Nationals when he crashed while passing lapped traffic; his car rolled and was hit by another competitor.

THE ASSOCIATED PRESS

University of Arizona football player dies in sleep

Zach Hemmilla, a senior offensive lineman for the University of Arizona, has died in his sleep, athletic director Greg Byrne said Monday.

Byrne and Arizona coach Rich Rodriguez told the team of Hemmilla's death after practice on Monday morning.

Hemmilla was found by a cousin. There was no immediate word on a cause of death.

THE ASSOCIATED PRESS

CFL

Gas leak interrupts Alouettes' practice

If things weren't going badly enough for the Montreal Alouettes, their latest setback saw the entire team rush off the practice field because of a gas leak.

Halfway through a workout Monday, a thick odour of natural gas wafted onto the field and the team was told to leave the area. Fire trucks were

on hand as a crew worked nearby on what appeared to be a gas main. The players loaded onto buses and headed to Olympic Stadium.

The Alouettes (2-4) are coming off a 38-18 loss at home to the B.C. Lions and

preparing for a meeting Thursday night with the Eskimos in Edmonton. THE CANADIAN PRESS

“

It felt like I was in the propane tank myself.

Receiver Duron Carter

RECIPE Chicken Milanese with Roasted Cherry Tomatoes



PHOTO: MAYA VISNYE

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 30 minutes
Prep time: 15 minutes
Serves 4

This meal is the dinner equivalent to a vacation in the sun. In other words, it's pure bliss.

Ingredients

- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions

1. Preheat oven to 400 F. Place

tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.

2. With a sharp knife, slice the chicken in half so you end up with four thin cutlets. Place each between two sheets of cling film and use a rolling pin to pound until cutlets are 1/4-inch thin.

3. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip cutlets into egg, then press on each side in the panko mixture and place on a clean plate.

4. Pour olive oil in skillet over medium heat. Place chicken in hot oil and cook on each side until they're golden brown and crispy, about 5 minutes a side. Serve with fresh arugula and roasted cherry tomatoes.

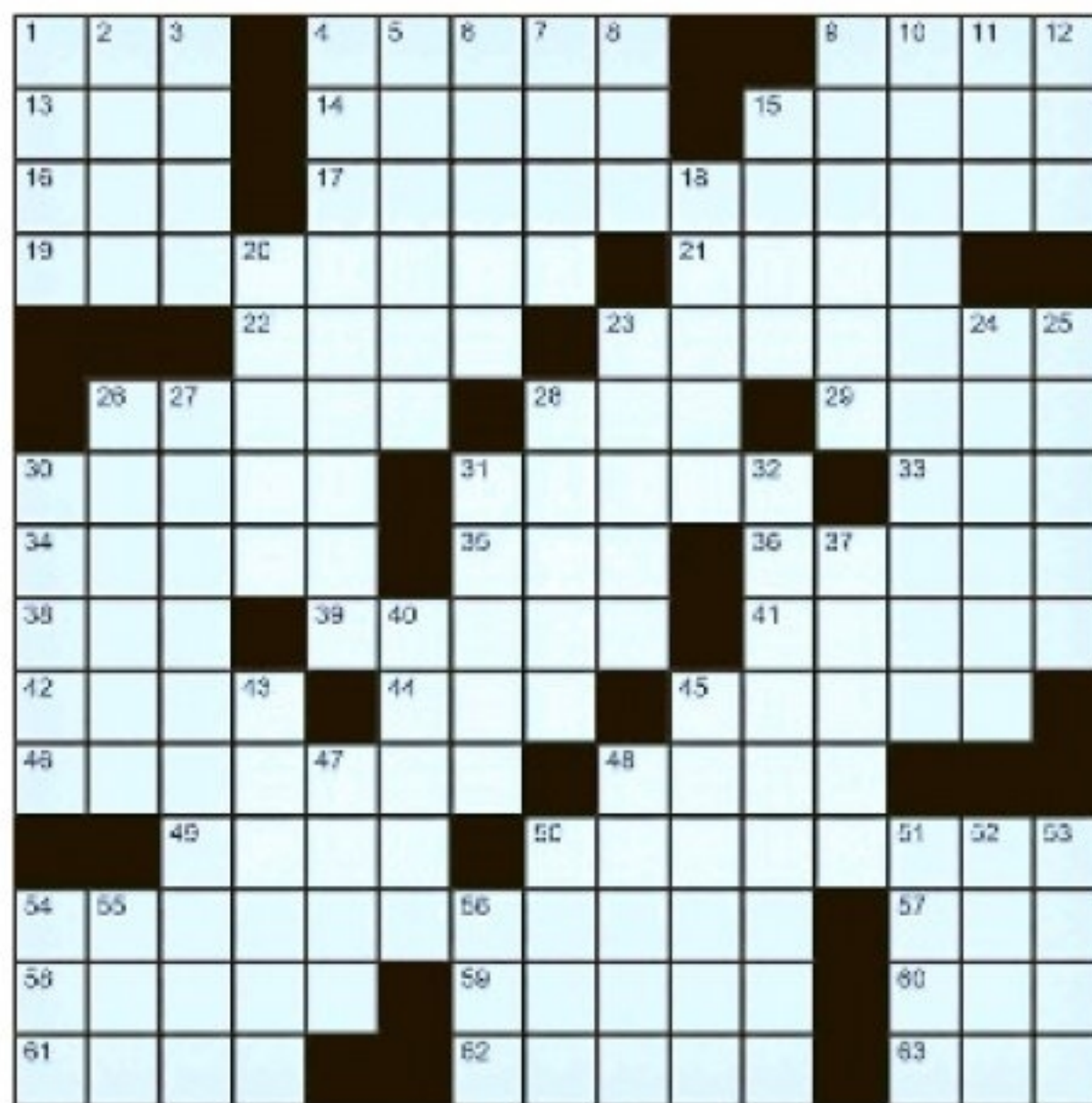
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: 'Canada's Olympic Network'
4. Burt and Sela
9. Golden Globes org.
13. Shade
14. Skin-soothing plants
15. Aplomb
16. 'A' in ETA [abbr.]
17. RIO 2016: Quick reflexes sport: 2 wds.
19. RIO 2016: SLO is its IOC code
21. H.G. Wells people
22. Ms. Brockovich
23. Steeps
26. Police dept. ranks
28. Q. "How is Nashville's state abbreviated?" A. " _ _ _ _ believe."
29. Queen's 'Bohemian', e.g.
30. _ _ _ a customer
31. Swallow heartily
33. Env.'s stuff-y
34. Up to
35. Samovar
36. Employee's request
38. Certain cap
39. Make hair stand _ _ _
41. Singer, Tennessee _ Ford
42. Mr. Redding
44. poet mr. Cummings, et al.
45. Get a new tenant
46. RIO 2016: Olympic sport
48. _-majeste (High treason)
49. RIO 2016:



Beach mound
50. Canadian restaurant, _ _ _ Mario's
54. RIO 2016: In the Men's Tournament, Canada faces The Netherlands in it today, August 9th: 2 wds.
57. RIO 2016: Basketball hoop part

58. Soil fertilizers
59. RIO 2016: Cycling spinner
60. 'Federal' suffix
61. Snake sounds
62. Scandinavian
63. Reserved

DOWN

1. Animals bassist Mr. Chandler
2. Mr. Ives
3. Mackerel sort
4. RIO 2016: Pool team sport: 2 wds.
5. Ms. Morissette
6. Songbird variety
7. Oscar Renta

link: 2 wds.
8. Opposite NNW
9. Accolade
10. RIO 2016: Racer's target: 2 wds.
11. Pressure meas.
12. Bronze Roman money
15. Ill-gotten money
18. " _ _ _ two have

been taken." (Donut dozen remainder)
20. 1892: Aria in Pagliacci: " _ _ la Giubba"
23. _ _ _ out
24. Has that power bar: 2 wds.
25. Shopping _
26. Intrinsic
27. RIO 2016: Goalkeepers, as per #54-Across
28. Goes sour
30. _ _ _ the blue
31. "The Caine Mutiny" (1954) role, Lt. Cmdr. Philip Francis _
32. RIO 2016: Swimming event, Men's 4 x 200m _ Relay
37. French city where Van Gogh painted
40. "Buffalo Stance" singer Ms. Cherry
43. RIO 2016: Rowing crafts
45. Goes to that movie again
47. Non-affiliated politicians [abbr.]
48. RIO 2016: 1992 'Dream Team' in Basketball... Magic Johnson, when an NBA player
50. Parrot
51. Lovely flower
52. Gossip
53. Ms. Rossum
54. AMs opposites
55. RIO 2016: ' _ ' _ in IOC
56. Have

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are in such a resourceful frame of mind today, you will see new ways to do things at work. You might see new applications for an old system.

Taurus April 21 - May 21
This is a good day to explore different approaches with children. Likewise, if you are involved in a creative project, you will see possibilities you missed before.

Gemini May 22 - June 21
This is a good day for practical repairs at home, because you are in a resourceful frame of mind.

Cancer June 22 - July 23
Today you have penetrating insight into situations all around you. You see what motivates people and what really makes them tick.

Leo July 24 - Aug. 23
Have confidence in your ability to see new uses for your possessions. This is because you are ingenious today and ready to see new ways of doing things.

Virgo Aug. 24 - Sept. 23
You have the ability to persuade others today. Use this wisely, so people will continue to respect you in the future. Don't lead anyone astray.

Libra Sept. 24 - Oct. 23
This is a wonderful day for research, because you are quick to see the subtext of things. You also see the reasons why something occurred or came into being.

Scorpio Oct. 24 - Nov. 22
If you are in a class or any kind of group, you will convince the people around you to listen to you and to follow your ideas. Use this advantage wisely.

Sagittarius Nov. 23 - Dec. 21
Discussions with bosses, parents and VIPs (even the police) will be powerful and to the point today. Someone wants to get to the bottom of something. They want the truth.

Capricorn Dec. 22 - Jan. 20
Discussions about politics, religion and racial issues will be intense and probing today. You want to know the reason behind why people think the way they do.

Aquarius Jan. 21 - Feb. 19
If you are clever today, you will see ways to reduce your debt or shuffle things to your advantage. Take a fresh look at your situation and be inventive!

Pisces Feb. 20 - March 20
Someone might try to persuade you to do something today. They want to convince you of something. Listen carefully, but make up your own mind.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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